

Abstract

Name of the work: Regeneration of road cyclists

Objectives of the work: to carry out an examination of the state of regeneration in road cyclists' teams in the Czech Republic on the basis of theoretical knowledge and empirical evidence of the author, and after its evaluation further suggestions for improvement of the regeneration process procedure would be offered.

Method: The research was carried out using methods of analysis of training documentation (cyclists' training log books), interviews (to state ways of spending free time and also to state subjective feelings of competitors toward regeneration), questionnaires and observation. Evaluation of the collected data was done by percent occurrence of individual variables.

Results: The research revealed grave defects in the process of regeneration of road cyclists - in fact in all aspects of regeneration. With reference to this finding the author suggests certain steps to optimise the process of road cyclists' regeneration.

Key words: road cycling, rehabilitation, regeneration, fatigue, means of regeneration